

Transition Meeting Welcomes New Faces

The 2002-2003 Transition meeting for Interagency for State Employed Women (ICSEW) saw many new faces.

Along with saying good-bye to our friends who "did their time" with the committee and welcoming the newcomers into our fold, we enjoyed speakers, Carol Maher (former historian for ICSEW), Robert Redfield from the Department of Retirement Systems, and Clan Jacobs, self-defense trainer. Below is a mini-biography of the ICSEW board.

Chair – Annykay Melendez

Annykay Melendez is a Human Resource Consultant with the Washington State Auditor's Office. She has been with this agency since 1996. Annykay provides support to the personnel section of the SAO's Human Resource Department. Her diverse duties and areas of expertise include: registers, payroll, general human resource support, and other activities as needed. Annykay graduated with an Associate in Technical Arts Degree (business emphasis) and a Certificate of Proficiency (Office Assistant) from Centralia College. Annykay has served as an active member, Vice-chair and the Chair of ICSEW for the past three years. She has also volunteered on special events including organizing Take Our Daughters to Work Day for 700 participants and organized a very successful clothing drive. Annykay resides in the Olympia area with her daughter Angelica. Her hobbies are gardening, trips to the ocean and spending time with family and friends.

Vice-Chair – Rose Pelegrin

Rose Pelegrin was born in the Philippines and lived in other countries. Because of this exposure



Photo by Katie Roper

The 2002-2003 ICSEW Executive Board. Left to right, back row: Laura Leland, Jude Cryderman, Annykay Melendez, Micheal Eastin. Middle row: Mary Briggs, Rose Pelegrin, Vicki Rummig, Amy Ridgeway, Mary Nolting, Jerri Bennett. Front row: Diane Partridge, Vicki Meyer.

to other cultures, Rose considers herself to be a citizen of the world. She moved to the United States in 1972, but moved to Canada soon after. She lived in Canada for 11 years and then returned to the States in 1985. She began her public service career with the Washington State Patrol in 1991, then to the Department of Labor and Industries in December 1993. After six months in the Crime Victims Program, she transferred to what was then known as Building & Construction Safety Inspection Services, now known as Specialty Compliance Services (SCS). Under the mentorship of Specialty Compliance Services (SCS) Assistant Director, Patrick Woods, she plans the division's employee recognition and other special events, while simultaneously managing various division interests and issues as Administrative Assistant 4.

Rose leads L&I's ICSEW Core Group in the annual celebration of Lifting Mind, Body, and Spirit Fair. Rose is also active in other organizations. She represents her division

in the L&I Special Events Committee, L&I Combined Fund Drive, and the Governor's Industrial Safety & Health Conference sponsored by WISHA. To make use of her talent as interior designer, she volunteers for the Providence St. Peter's Foundation Christmas Forest by designing Christmas trees for fund raising.

Executive Secretary – Micheal Eastin

Micheal is employed with the State of Washington, Employment Security Department where she has worked for the last three years. She is presently at the southwest region office as an Administrative Assistant 4. Micheal has an Associates Degree (emphasis in English) from South Puget Sound Community College where she was the student body president. Micheal and her husband have just completed three years as Foster Parents culminating in adopting two children.

Budget – Jerri Bennett

Jerri Bennett has been with the State for 12 years. For the first few

years she held temporary positions in accounting and warehousing at McNeil Island Corrections Center and Women's Corrections Center. In 1989 she became permanent as a Fiscal Tech at the Women's Corrections Center in Gig Harbor. In 1990 took a promotion at McNeil Island as a Warehouse Supervisor. Taking a two-year break in service she then went to work at the Washington State Library in 1994. While working for the library, her duties included Purchasing Office, Inventory Manager, Contract Administrator and Credit Card Manager. For three years she was the Budget Liaison for the Materials Management Team. As of July 1, 2002, the library merged with the office of Secretary of State. Her duties now are Purchasing Officer, Inventory Manager, Transportation Officer and Credit Card Manager with the Secretary of State's Office. She also has a business of her own called Debit & Credit Bookkeeping Services which provides bookkeeping services as well as professional tax preparation. She has been with ICSEW for two years and hopes to stay for four more. Outside of work her greatest joy is having fun with her grandchildren who range in age from 11 to 23.

Childcare Task Force – Amy Ridgeway

Amy Ridgeway is the Network Support Manager for the WA State Health Care Authority (HCA). Amy provides leadership and guidance to the system administrators and workstation technicians at HCA. In addition she also leads the HCA Health Insurance Portability and Accountability Act team. She joined HCA after serving over 21 years in the Army. Amy See "Transitions" on page 4

October:

Domestic Violence Awareness Month

Predictors Of Domestic Violence

The following signs often occur before actual abuse and may serve as clues to potential abuse:

1. Did he grow up in a violent family? People who grow up in families where they have been abused as children, or where one parent beats the other, have grown up learning that violence is normal behavior.
2. Does he tend to use force or violence to "solve" his problems? A young man who has a criminal record for violence, who gets into fights, or who likes to act tough is likely to act the same way with his wife and children. Does he have a quick temper? Does he over-react to little problems and frustration? Is he cruel to animals? Does he punch walls or throw things when he's upset? Any of these behaviors may be a sign of a person who will work out bad feelings with violence.

Where to call for help

If you need immediate assistance, dial 9-1-1.

You may also call:

Washington State Coalition Against Domestic Violence - 360/407-0756

3. Does he abuse alcohol or other drugs? There is a strong link between violence and problems with drugs and alcohol. Be alert to his possible drinking/drug problems, particularly if he refuses to admit that he has a problem, or refuses to get help. Do not think that you can change him.
4. Does he have strong traditional ideas about what a man should be and what a woman should be? Does he think a woman should stay at home, take care

of her husband, and follow his wishes and orders?

5. Is he jealous of your other relationships—not just with other men that you may know—but also with your women friends and your family? Does he keep tabs on you? Does he want to know where you are at all times? Does he want you with him all of the time?
6. Does he have access to guns, knives, or other lethal instruments? Does he talk of using them against people, or threaten to use them to get even?
7. Does he expect you to follow his orders or advice? Does he become angry if you do not fulfill his wishes or if you cannot anticipate what he wants?
8. Does he go through extreme highs and lows, almost as though he is two different people? Is he extremely kind one time, and extremely cruel at another time?

9. When he gets angry, do you fear him? Do you find that not making him angry has become a major part of your life? Do you do what he wants you to do, rather than what you want to do?
10. Does he treat you roughly? Does he physically force you to do what you do not want to do?

"Predictors of Domestic Violence," Reprinted with permission by the National Coalition Against Domestic Violence.

ICSEW to offer domestic violence training and begin Work First clothing drive

Stay tuned for information about domestic violence training offered by ICSEW in October 2002.

The Work First Clothing Drive also begins in October. Check the ICSEW Web site often for details on both events (www.wa.gov/icsew).

Self-defense Demonstration at ICSEW Transition Meeting



Photo by Laura Leland

Clan Jacobs, left, demonstrates a technique with his student used in self-defense during ICSEW's transition meeting.

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www.wa.gov/icsew

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Health & Wellness Corner

Warning! It Could be a Heart Attack

Editor's note: Heart disease and stroke will kill almost 50 percent of all women in the United States. It's not just a man's disease anymore. This article provides some of the warning signs women experience when they are having a heart attack and how to reduce your risk.

Not all women and men experience heart attacks the same. In fact, the symptoms that some women report when they have a heart attack can be different than what some men report. A classic warning sign for heart attack in women is chest pain. However, women may also experience other symptoms, such as nausea, shortness of breath or pain to the arm, shoulder or neck. Listen to your body. Don't ignore your symptoms. Get help fast.

What Women Should Know: The Warning Signs of a Heart Attack

The most common or "classic" warning signs of heart attack are:

- Uncomfortable pressure, fullness, squeezing or burning pain in the center of the chest that lasts more than a few minutes, or goes away and comes back.
- Pain that spreads to the shoulders, neck or arms.
- Chest discomfort with lightheadedness, fainting, sweating, nausea or shortness of breath.

Other warning signs of heart attack are:

- Unusual chest pain, stomach or abdominal pain.
- Nausea or dizziness (without chest pain).
- Shortness of breath and difficulty breathing (without chest pain).

Heart Facts

- Heart disease is the #1 killer of American women.
- More than one in five women have some form of cardiovascular disease.
- 459,841 people died in 1998 from heart attacks and other heart related events—almost half of those victims were women.
- One out of three women compared with one out of four men will die within one year after having a heart attack.
- A woman's chances of developing heart disease soar after she goes through menopause.
- More women than men will suffer a second heart attack within four years after their first heart attack.
- African American women are 60 percent more likely to die of coronary heart disease than white women.
- Women with diabetes are 3 to 4 times more likely than men to develop heart disease.
- Fewer than one in ten women today think that heart disease is their greatest health threat.

- Unexplained anxiety, weakness or extreme fatigue.
- Palpitations, cold sweat or paleness.

Not all the warning signs occur in every attack. Sometimes they go away and return. If some of these symptoms appear, get help fast. Medical science now offers treatments that can stop a heart

attack in its tracks. Treatments are most effective if given within one hour of when the attack begins. However, only 1 in 5 patients get to the hospital emergency department within one hour of when their symptoms begin.

Are you Having a Heart Attack? Don't Wait

Women typically wait longer than men to call for help.

If you notice one or more of these warning signs in anyone, don't wait more than a few minutes—five minutes at most—to call 9-1-1.

Don't delay. Minutes matter.

You Can Reduce Your Risk for Heart Disease if You:

- Stop smoking
- Eat a heart-healthy diet
- Maintain a healthy weight
- Keep blood sugar, blood pressure and cholesterol under control
- Exercise at least 30 minutes a day on most—preferably all—days
- Talk to your health care provider about screening tests for heart disease
- Learn how to reduce and manage stress
- Engage in activities that can improve heart health (gardening, walking, housecleaning, stair climbing, etc.)

Knowledge, coupled with action, is power. Take charge of your health

Ask your health care provider some of the following questions about the risks you face as

a woman and the preventive measures you should take.

- What are my risk factors for heart disease?
- What diseases in my family history should I be concerned about?
- Do I need to lose or gain weight for my health?
- What are my blood pressure and cholesterol levels? Are they healthy levels?
- What should I know about the effects of menopause on my health?
- What kind of physical activity is right for me?
- What is a healthy eating plan for me?

EXPLANATION OF TERMS

Cardiovascular diseases are diseases of the heart and blood vessel system, including heart attack, high blood pressure, stroke, angina (chest pain) and **coronary heart disease** (blood vessel disease in the heart). **Heart attacks**, also called *myocardial infarctions*, result from coronary heart disease. A heart attack happens when an artery becomes blocked, preventing by the buildup of plaque (deposits of fat-like substances) along the walls of these arteries, oxygen and nutrients from getting to the heart.

This information was developed by the U.S. DHHS Office on Women's Health and the American Society of Echocardiography and written in collaboration with the National Heart, Lung and Blood Institute (NHLBI) campaign, "Act in Time to Heart Attack Signs." Reprinted with permission. For more information about the campaign and the National Heart Attack Alert Program, visit the web site www.nhlbi.nih.gov/actintime.

Transitions

Continued from page 1

graduated from the University of Pittsburgh with a Bachelor of Science degree in psychology, Master of Science degrees in Systems Management from University of Denver, and Information Systems from George Mason University. She is also a Microsoft Certified Systems Engineer. A member of ICSEW for approximately six months, she recently became chair of the childcare committee. Her hobbies are reading, raising bulldogs, and spending time with her family of two sons and her CPA spouse.

Communications – Laura Leland

Laura Leland works for the Department of Retirement Systems (DRS). Three years ago, she worked for a small daily newspaper in Aberdeen called *The Daily World*. She was a compositor and editor of the entertainment section of the paper. Laura has an AA from Grays Harbor College and a BA from Evergreen with an emphasis in English and writing. She is currently a Public Information Officer for DRS, where she works on the member communications and seminars team to create and publish retirement information for print and the Web. Laura enjoys reading, writing fiction, walking and having fun with friends in her free time.

Conference – Pat Delaney

Pat Delaney works as a consultant in Planning and Research at the Department of Labor and Industries. Pat has worked in a variety of positions at L&I since 1987. Her duties include strategic planning, performance measurement, and project management activities. Pat has a Masters Degree in Social Work from the University of Washington. Her blended family includes five teenagers and a 31-year-old son, so she is getting older fast and she is tired.

Education – Victoria Meyer

Vicki was born in Walla Walla, the youngest of ten children. She grew up in the Yakima valley

area, attending elementary, junior, and high school. She is currently employed with the office of the Insurance Commissioner (as an Administrative Assistant 4) in the Consumer Protection Division. Her first employment was with City University (Vancouver, WA site) as an Administrative Assistant for two and one-half years. She attended evening classes toward a BA in Business Administration, earning 35 credits. She has worked in state government for the past 24 years in a variety of offices including Department of Corrections, General Administration, Office of Financial Management, Retirement Systems and Secretary of State's Office.

Health and Wellness – Vicki Rummig

Vicki Rummig has been a state employee for nine years. She currently works at the Office of Financial Management as the Budget & Allotment Support System (BASS) Product Manager. This means she brings the customer perspective to new development of web-based applications used by state agencies for budget and allotment related tasks. What Vicki enjoys most about her job is the chance to work with others in the state providing training and customer service. Vicki recently graduated from The Evergreen State College and hopes to return to the land of budget and policy in the future. Health and Wellness is an issue close to her heart. Her goals as the Health and Wellness chairperson are to turn the word "exercise" into "play," "diet" into "healthy eating," and "personal time" into something that is acknowledged as benefiting others as much as ourselves.

Historian – Mary Briggs

Mary Briggs has been a state employee for 31 years. Mary worked for Employment Security and Transportation in a wide variety of jobs including supervising the ESD mailroom and WSDOT word processing centers. She has

been a team member at General Administration for 13 years, and currently serves as Administrative Assistant to the Assistant Director for the Division of State Services. Writing is one of Mary's fortes. She enjoys her periodic assignments as a trainer, and loves putting together posters and presentations. Mary has served in many leadership roles in public and private life, including Chairman of the SPSCC Advisory Board Subcommittee for Word Processing and President of the Nisqually Kennel Club. Her hobbies have included showing poodles and horses, archery, golf, reading and working in her flowers.

Membership – Jude Cryderman

Ms. Cryderman became Administrative Coordinator with the Office of the Administrator for the Courts, April 1987. She held various other positions since her employment with OAC in October 1979. She was a Secretary I, Department of Social and Health Services, September 1976 to October 1979. She attended Pierce College, Steilacoom and Knapp Business College in Tacoma. Ms. Cryderman is a former member of St. Michael School Commission; former co-chair St. Michael S.M.A.R.T. Auction Procurement Committee; volunteer librarian at St. Michael Parish; member of the Executive Assistant's Group and twice co-chaired St. Michael S.M.A.R.T. Auction Family Night. She volunteers at the Mason County Senior Citizen's Center. Ms. Cryderman is an avid quilter (made and donated five quilts to various charities this past winter), reader and volleyball mom. Ms. Cryderman's husband, Randy, is

currently serving with the United States Army in Korea. They have one daughter, Jessica.

Promotional and Career Opportunities – Mary Nolting

Mary Nolting is an Office Assistant Senior with the Washington State Human Rights Commission. She provides a variety of complex and administrative support to a staff of 20 professional employees (investigators, specialists and two District Managers) for the Seattle office regarding application of the Washington State Law Against Discrimination. Her extensive, diversified work experience includes clerical, technical, accounting and supervisory positions. Mary graduated with an Associate in Arts Degree (with an emphasis on accounting) from Florida Community College with high honors. Last year she served as Combined Fund Drive Leader for her agency and the participation increased 116 percent. She resides in Seattle and originally moved from St. Augustine, Florida.

Take Our Daughters and Sons to Work Day – Diane Partridge

Diane Partridge is a Legal Secretary with the Board of Industrial Insurance Appeals, supporting three Yakima-based judges. She began with the Board as a temporary office assistant in 1999 and has promoted through various positions until reaching her present position. She has aspirations of returning to school in the fall to obtain an associates degree as a paralegal. Her history consists of ten years of retail customer service and retail management before changing careers to state service.

InterACT is published by the Communications Committee of the Interagency Committee of State Employed Women (ICSEW). Photocopying, distributing and posting of this publication is strongly encouraged. This publication is available in alternate formats. All persons interested in submitting articles or ideas for this publication should contact their agency's ICSEW representative or:

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